



A Taste of Zumba!

Remember the fun and exciting days of the original Aerobic Dance programs? A Taste of Zumba brings the fun back to fitness by combining high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Zumba is a fusion of Latin and International music – dance themes creating a dynamic, exciting, effective fitness system! It is based on the principle that a workout should be 'fun and easy to do' and offers a complete break down of all basic rhythms and movements – demonstrating how each rhythm defines the movement. An explanation of the unique process by which classes are choreographed and constructed will allow participants to experience the simplicity of teaching a Zumba class. This session is based on the interval training theory of fitness. Sponsored by Zumba!

- **History of Zumba** The founding of Zumba – Beto's Story

- **What is Zumba?**

It's Fun This is a workout that you will want to teach everyday, and you feel good doing it! It's the type of workout which motivates class participants to adhere an exercise regiment - they will keep coming back because it's fun. Then they keep coming back because of the results! Zumba is great for the mind, body, and soul!

It's Different The music, the steps, the moves, the class, the feel – all unique!

It's Easy Zumba is designed for everyone, class participants of any level can start to Zumba right away!

It's Effective It is a cardio-based workout with utilizing the principals of interval training.

- **The Music** Music is one of the most important elements of a successful Zumba class. Use music to create: A feeling of passion, High energy to the class, and a party-like atmosphere

- **Zumba Basic Steps** Breaking down the Zumba Basic Steps: Merengue, Salsa, Cumbia

- **Practical Instruction** Master Class

- **Questions & Answer Session & How to Become a Zumba Instructor**

(954) 925-3755 info@zumba.com



“Zumba Fitness Party!”

Zumba's Fitness Party kicks it up a notch! While incorporating all of the basic rhythms used in A Taste of Zumba, additional rhythms are introduced and more extensive choreography is added. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principals of fitness interval training and resistance training to maximize caloric output, fat burning and body toning. It is a mixture of body sculpting movements with easy to follow dance steps. Sponsored by Zumba.

- **The Zumba Formula:** What makes Zumba unlike any other fitness program.
 - **The Music :** Use of the music overall structure instead of 32 count phrasing
 - **The Steps :** Use of the traditional dance steps for each rhythm
 - **The Choreography :** How to put the steps to the music

- **Cuing Techniques: Visual, Non-Verbal, Verbal techniques**
 - Use of various cuing techniques to create the atmosphere.
 - How to instruct with or without a microphone.

- **Breaking down of more advanced steps:**
 - Belly dance
 - Flamenco
 - Reggaeton
 - Samba

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